



## THE DIFFERENCE BETWEEN NEUROPATHIC PAIN AND NEUROPATHY

In the past decade, the medical profession has coined the term “neuropathic,” without clarifying its meaning compared to the term “neuropathy.” To control IPS, you will have to clearly know the difference between the two terms because physicians have adopted both terms.

### NEUROPATHY

This is an old term that means you have a nerve or nerves that are damaged or injured. Pain, numbness, or burning, are the typical symptoms. Common causes are diabetes, viral infections, and “crushing” type trauma.

### NEUROPATHIC

This is a new term in pain management. It refers to a type of pain. It means there is damage to a nerve structure in the nervous system. The damage can be in the brain, spinal cord, or nerves in the skin, muscles, or extremities. The damage can be to various nerve tissue including glial cells, receptors, or ganglions. This term is necessary because it strictly refers to pain caused by nerve damage, and not inflammation.

### BENEFIT OF THE TERM NEUROPATHIC

All parties – practitioner, patient, and the family need to know if pain is inflammatory, neuropathic, or both. Treatment agents for pain are now commonly classified as inflammatory or neuropathic. Persons with IPS need to know whether a treatment agent is anti-inflammatory or neuropathic.

### HOW NEUROPATHIC AGENTS WORK

Nerve tissue damage alters the natural flow of bioelectricity that is carried up and down a nerve. Bioelectricity is conducted or transmitted in various nerves by speed, quantity, and pulsation frequency. Any interference with speed, quantity, or pulsation frequency can cause pain. Neuropathic agents are designed to normalize bioelectricity.

### COMMON AGENTS

Essentially all IPS patients will need one or more neuropathic agents. Persons with IPS may have multiple sites of nerve damage. The most popular prescription agents are listed here:

Gabapentin	Topiramate	Tizanidine
Carisoprodol	Diazepam	Pregabalin
Alprazolam	Lorazepam	Duloxetine

Non-prescription: valerian root or GABA (gamma aminobutyric acid).

### NECESSITY FOR PERSONS WITH IPS

All persons with IPS will likely have both inflammation and neuropathic components to their pain, and they will have to take measures to control both components.

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